



March 2025

The Carlton Times

Nourishing Mind, Body, and Soul



Featured Resident: Judy C.



Terry Barrett
Community Director
Sunday - Thursday



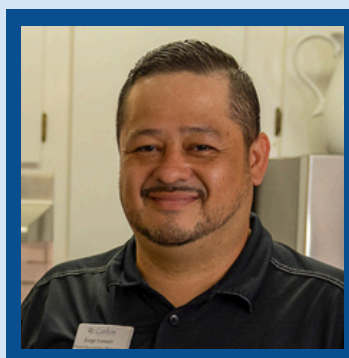
Natalie Earley
Sales Director
Sunday - Thursday



Adrian Martinez
Bistro General Manager



Marnée Gonsalves
Activities Manager
Sunday - Thursday



Jorge Lomeli
Maintenance Manager
Tuesday - Saturday

Support Staff

Administrative Assistant: Suja Oldenburg

Receptionists: Katherine Soriano, Tammy Demler and Linda Crittendon-Johnson

Activity Driver: Leslie Pollock

Maintenance: Rafael Hernandez, Carlos Contreras, Joel Montano Godinez

Housekeeping: Karen Medrano, Araceli Ramirez

Overnight Supervisors: Alfredo Aguilar, Erick Klein and Jason Soriano

The Bistro: Danny Esquivel, Tyler Thompson, DeDee Santos, Delia Quintana, Mary Lou Lambert, Maralain Massey, Zsarrysse Puerto, Leslie Cordova, Kathy Aguyo Fabiola Bernuy, Febrous Canos AKA Teo, Jesus Carillo and Diego Banales



Transportation Guidelines

Grocery Shopping

Mondays

Refer to the *Carlton Times* for destinations and departure times.

To reserve your transportation, please sign up at the front desk.

Personal Transportation

Sundays: Concord, Martinez, Pleasant Hill

Mondays & Tuesdays: Concord & Martinez

Wednesdays & Thursdays: Pleasant Hill & Walnut Creek

Earliest Departure Time at 9:00 AM

Latest Departure Time at 3:00 PM

Scheduling

- **First come, first served (subject to driver availability)**
- **72-hour notice encouraged for availability**
- **Destinations are within a 10-mile radius.**
- **Pick up/submit transportation request form at the Front Desk**

Friday Loop Shuttle

24-hour advance reservation required (first come, first served)

Sign up at the Front Desk and specify your date and loop number (1 loop/day)

Loop #1

Loading: 9:45 AM
Departure: 10:00 AM

A. Todos Santos

Arrival: 10:10 AM
Pick Up: 11:15 AM

Dollar Tree (Concord), banks, barber/hair dresser, House of Bagels, Peets Coffee, and more!

B. Park and Shop

Arrival: 10:20 AM
Pick Up: 11:30-11:45 AM

99 Ranch Market, Jo-Ann, UPS Store, Chick's Donuts, Grocery Outlet, and more!

Loop #2

Loading: 12:30 PM
Departure 12:45 PM

C. Diamond Blvd

Arrival: 1:00 PM
Pick Up: 2:30 PM

The Willows, Hobby Lobby, the Veranda, TJ Maxx, Home Depot, and more!

D. Pleasant Hill Shopping Center and Monument Blvd

Arrival: 1:15 PM
Pick Up: 2:45-3:00 PM
Kohl's Pick Up: 3:15-3:30

Target, Home Goods, Burlington Coat Factory, In-n-Out Burger, Kohl's, and more!

Loop #3

Loading: 9:45 AM
Departure: 10:00 AM

A. Walmart

Arrival: 10:20 -10:30 AM
Pick Up: 11:45 AM

Loop #4

Loading: 12:45 PM
Departure: 1:00 PM

B. Sunvalley Mall

Arrival: 1:15 PM
Pick Up: 2:30-2:45 PM

Nordstrom Rack, Macy's, JC Penny's, Mrs. Fields Cookies, Safeway, and more!

RESIDENT

Spotlight

Don Donfray was born on May 17th to Leon and Yanesse Donfray in Brentwood Heights, West Los Angeles, California. Leon was a professional french horn player, while Yanesse was a professional violinist. Don has two siblings: his brother, Leon Jr., and his late sister, Diana Lind.

As a child, Don enjoyed swimming and climbing trees and rooftops. He served in the U.S. Army from 1961 to 1962, stationed in Virginia with the Transportation Corps. During his service, he worked on marine diesel engines, including the V-6 inline and GMC 671, commonly found in Greyhound buses, noting that some of the cylinders were at least a foot tall.

A native Californian, Don moved to Southern West Hollywood before eventually settling in Sacramento. He worked for Emerson Electric Company and earned a degree in Electrical Engineering in June 1967. In his professional career, he focused on military airplanes and circuit boards.

Don has traveled extensively across the country via Amtrak and has enjoyed a memorable cruise to the Bahamas. Among his favorite activities are flying gliders, also known as sailplanes, as well as hang gliding. He cherishes waking up each day to a beautiful sunrise from his apartment, which boasts an eastern view.

A connoisseur of classical music, Don also enjoys any book that stimulates creativity. His hobbies include building furniture and cabinetry, as well as working on puzzles. He has a particular fondness for Korean short rib soup and Chocolate Ice cream.

Described as kind, intelligent, and sophisticated, Don wishes to be remembered for his kindness and respectfulness. His guiding principle in life is, "Whatever you do, do it with a touch of class." He holds great admiration for his niece, Wendy.



Don Donfray

March Happenings

Social Event

Sunday 3/2: Sippin Wine & Snackin!
3:15 PM - 4 PM

**Saturday 3/2: Academy Awards
Showing/Bring Snack & Drink to
Share**
4:00 PM

**Thursday 3/13: St. Patrick's Day
Happy Hour w/Eddie**
1:00 PM

**Every Tuesday: Coffee, Tea &
Cookies**
11:00 AM

**Every Thursday: Movie Time with
Joseph**
6:30 PM



Meetings & Presentations

**Monday 3/3: Activity &
Transportation Forum**
1:00 PM (AA)

Tuesday 3/25: Carlton University
10:00 AM

Friday 3/28: Resident Council
1:00 PM

Outings and Shopping

Grocery Shopping Shuttle:
Every Monday starting at 9:00 AM
24-hour sign up required

Loop Shuttle Service:
Every Friday starting at 9:45 AM
24-hour sign up required

**Monday 3/10: Contra Costa Wind
Symphony at the Lesher**
1:15 PM Departure

**Monday 3/17: Shamrock Shakes at
McDonalds Outing \$**
1:00 PM Departure

**Sunday 3/30: Martinez Farmers
Market Outing**
9:00 AM Departure

Ask Alexa to Call the Front Desk

Did you know that you can use Alexa to call the front desk at your community? This allows you to make hands free calls from almost anywhere in your apartment. Simply say, "Alexa, call the Front Desk." Alexa will confirm your command and place the call.

Alexa, call the Front Desk.



Ok, calling Front Desk's phone.

Thank you for calling Carlton Senior Living! How may I assist you?

Questions about Alexa? Speak with your community's Resident Liaison or Activities Manager.



Love's Wash, Dry and Fold Laundry Service

3620 Willow Pass Rd
Concord, CA 94519
Phone or T8xt
(925)510-7943

10% off all
Carlton Concord's
Residents

Proof of Residency
required

SATURDAY, MARCH 1

Woman's History Month!

All Day Puzzles (W3)

10:00 AM - Chair Yoga (AA)

1:30 PM - Dime Bingo with Sal (AA)

Location Key

(LR) Living Room
(DR) Dining Room
(AA) Activity Area
(CY) Courtyard
(CR) Community Room
(LB) Lobby
(W3) 3rd Floor Library
(E4) 4th Floor Library
(W4) 4th Floor Library
(\$) Additional Cost



Activities are subject to change.

SUNDAY, MARCH 2

National Banana Cream Pie Day!

All Day Puzzles (W3)

1:00 to 3:00 PM - Bridge (CR)

2:00 PM - \$5.00 BINGO! with Sal (AA)

3:15 PM - Sippin' and Snackin' at Wine and Bites (AA)

4:00 PM - Academy Awards Showing/ Bring a snack to share (CR)

THURSDAY, MARCH 6

All Day Puzzles (W3)

10:00 AM - Chair Yoga with Robert (DR)

11:00 AM - Learn to Play Mahjong with Joyce (E4)

11:30 AM - Bible Study with Carol (CR)

6:30 PM - Movie Time with Joseph (CR)

MONDAY, MARCH 3

All Day Puzzles (W3)

9:00 AM - Trader Joe's (LB)

10:30 AM - Safeway (LB)

10:45 AM - Live 2B Healthy (DR)

1:00 PM - Activity & Transportation Forum (AA)

2:00 PM - Dime Bingo with Sal! (DR)

FRIDAY, MARCH 7

All Day Puzzles (W3)

9:45 AM - Loop Shuttle 1 & 2 (LB)

10:45 AM - Live 2B Healthy (AA)

12:00 PM - Canasta with The Gang! (E4)

12:00 to 1:30 - Mexican Train (CR)

2:00 PM - Dime Bingo with Sal! (AA)

TUESDAY, MARCH 4

Mardi Gras! National Pound Cake Day!

All Day Puzzles (W3)

10:00 AM - Chair Yoga (AA)

11:00 AM - Coffee, Tea & Cookies (AA)

1:00 to 3:00 PM - Tripoley with the Gang! (CR)

7:00 PM - Dime Bingo with Sal! (AA)

SATURDAY, MARCH 8

All Day Puzzles (W3)

10:00 AM - Chair Yoga (AA)

1:30 PM - Dime Bingo with Sal (AA)

WEDNESDAY, MARCH 5

Ash Wednesday

All Day Puzzles (W3)

10:45 AM - Live 2B Healthy (AA)

12:30 PM - Sharing Our Stories with Lyn (CR)

2:30 PM - Knitting and Crocheting Circle (W4)

7:00 PM - \$5.00 BINGO! with Sal! (AA)

Follow Us!



CarltonSeniorLiving.com



CARLTONCONCORD



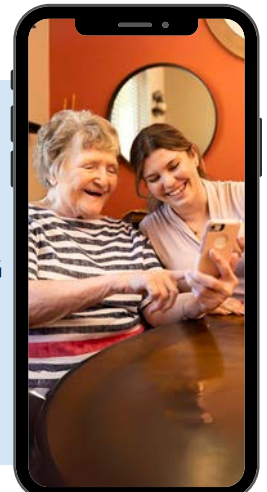
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SUNDAY, MARCH 9

Daylight Savings Time- Spring Forward!

All Day Puzzles (W3)

1:00 to 3:00 PM - Bridge (CR)

2:00 PM - \$5.00 BINGO! With Sal (AA)

1:15 PM Departure - Contra Costa Wind

Symphony and BDWinds at the Lesher \$\$

THURSDAY, MARCH 13

Purim Begins at Sundown

All Day Puzzles (W3)

10:00 AM - Seated Yoga with Robert (AA)

11:00 AM - Learn to Play Mahjong with Joyce (E4)

11:30 AM - Bible Study with Carol (CR)

1:00 PM - St. Patrick's Day Happy Hour w/Eddie (DR)

6:30 PM - Movie Time with Joseph! (CR)

MONDAY, MARCH 10

All Day Puzzles (W3)

9:00 AM - Trader Joe's (LB)

10:30 PM - Safeway (LB)

10:45 PM - Live2B Healthy (AA)

12:30 to 1:30 PM - Keeping in Touch: Notes to Family and Friends with Binnette (AA)

2:00 PM - Dime Bingo with Sal! (AA)

FRIDAY, MARCH 14

All Day Puzzles (W3)

9:45 AM - Loop Shuttle 3 & 4 (LB)

10:45 AM - Live 2B Healthy (AA)

12:00 PM - Canasta with The Gang! (E4)

12:00 to 1:30 PM - Mexican Train (CR)

2:00 PM - Dime Bingo with Sal! (AA)

TUESDAY, MARCH 11

All Day Puzzles (W3)

10:00 AM - Chair Yoga (AA)

11:00 AM - Coffee, Tea & Cookies Social (AA)

1:00 to 3:00 PM - Tripoley with The Gang! (CR)

7:00 PM - Dime Bingo with Sal! (AA)

SATURDAY, MARCH 15

All Day Puzzles (W3)

10:00 AM - Chair Yoga (AA)

1:00 PM - The Page Turners Book Club (CR)

1:30 PM - Dime Bingo with Sal (AA)

WEDNESDAY, MARCH 12

All Day Puzzles (W3)

10:45 AM - Live 2B Healthy (DR)

12:30 PM - Sharing Our Stories with Lyn (CR)

2:30 PM - Knitting and Crocheting Circle (W4)

7:00 PM - \$5.00 BINGO! with Sal! (AA)

Welcome to the
Carlton Family

**Ruth B
Steve S
Peter R
Kathy G**

SUNDAY, MARCH 16

All Day Puzzles (W3)

1:00 to 3:00 PM - Bridge (CR)

4:00 PM - \$5.00 BINGO! With Sal (CR)

THURSDAY, MARCH 20

National Ravioli Day!

All Day Puzzles (W3)

10:00 AM - Seated Yoga with Robert (CR)

11:00 AM - Learn to Play Mahjong with Joyce (E4)

11:30 AM - Bible Study with Carol (CR)

6:30 PM - Movie Time with Joseph! (CR)

MONDAY, MARCH 17

St. Patrick's Day!

All Day Puzzles (W3)

9:00 AM - Trader Joe's (LB)

10:30 AM - Safeway (LB)

10:45 - Live 2B Healthy (CR)

1:00 PM - Shamrock Shakes at McDonalds Outing\$

2:00 PM - Dime Bingo with Sal! (CR)

FRIDAY, MARCH 21

All Day Puzzles (W3)

9:45 AM - Loop Shuttle 1 & 2 (LB)

10:45 AM - Live 2B Healthy (CR)

12:00 PM - Canasta with The Gang! (E4)

12:00 to 1:30 - Mexican Train (CR)

2:00 PM - Dime Bingo with Sal! (CR)

TUESDAY, MARCH 18

All Day Puzzles (W3)

10:00 AM - Chair Yoga (CR)

11:00 AM - Coffee, Tea & Cookies Social (CR)

1:00 PM -3:00 PM - Tripoley with The Gang! (CR)

7:00 PM - Dime Bingo with Sal! (CR)

SATURDAY, MARCH 22

All Day Puzzles (W3)

10:00 AM - Chair Yoga (CR)

1:30 PM - Dime Bingo with Sal! (CR)

WEDNESDAY, MARCH 19

All Day Puzzles (W3)

10:45 AM - Live 2B Healthy (CR)

11:45 - Town Hall with Terry Postponed Due to Renovation (DR)

12:30 PM - Sharing Our Stories with Lyn (CR)

2:30 PM - Knitting and Crocheting Circle (W4)

7:00 PM - \$5.00 BINGO! with Sal! (CR)

Carlton's 40th Anniversary

Thursday, March 27th

10:00 AM | Pleasant Hill Community



SUNDAY, MARCH 23

All Day Puzzles (W3)

1:00 to 3:00 PM - Bridge (CR)

2:00 PM - \$5.00 BINGO! With Sal (CR)

THURSDAY, MARCH 27

All Day Puzzles (W3)

9:15 AM - Carltons 40th Anniversary

Celebration at Pleasant Hill Community

10:00 AM - Seated Yoga (CR)

11:00 AM - Learn to Play Mahjong with Joyce (E4)

11:30 AM - Bible Study with Carol (CR)

6:30 PM - Movie Time with Joseph (CR)

MONDAY, MARCH 24

All Day Puzzles (W3)

9:00 AM - Trader Joe's (LB)

10:30 AM - Safeway (LB)

10:45 PM - Live 2B Healthy (CR)

2:00 PM - Dime Bingo with Sal! (CR)

FRIDAY, MARCH 28

All Day Puzzles (W3)

9:45 AM - Loop Shuttle 3 & 4 (LB)

10:45 AM - Live 2B Healthy (CR)

12:00 PM - Canasta with The Gang! (E4)

1:00 PM - Resident Council (CR)

2:30 PM - Dime Bingo with Sal! (CR)

TUESDAY, MARCH 25

National Pecan Day!

All Day Puzzles (W3)

10:00 AM - Carlton University (CR)

11:15 AM - Coffee, Tea & Cookie Social (CR)

1:00 to 3:00 PM - Tripoley with The Gang! (CR)

7:00 PM - Dime Bingo with Sal! (CR)

SATURDAY, MARCH 29

All Day Puzzles (W3)

10:00 AM - Chair Yoga (CR)

1:30 PM - Dime Bingo with Sal! (CR)

WEDNESDAY, MARCH 26

National Spinach Day!

All Day Puzzles (W3)

10:45 AM - Live 2B Healthy (DR)

12:30 PM - Sharing Our Stories with Lyn (CR)

2:30 PM - Knitting and Crocheting Circle (W4)

7:00 PM - \$5.00 BINGO! with Sal! (AA)

Resident Council

Friday, March 28th

1:00 PM | Community Room



SUNDAY, MARCH 30

All Day Puzzles (W3)

9:00 AM - Martinez Farmers Market Outing \$

1:00 to 3:00 PM - Bridge (CR)

4:00 PM - \$5.00 BINGO! With Sal (CR)

MONDAY, MARCH 31

All Day Puzzles (W3)

9:00 AM - Trader Joe's (LB)

10:30 AM - Safeway (LB)

10:45 PM - Live 2B Healthy (CR)

2:00 PM - Dime Bingo with Sal! (CR)

Carlton University



Tuesday, Mar 25th

10:00 AM | Activity Area

Spring Tea at the Galindo House

Ticket Sales Start March 1st

Date: May 4th

11:00 AM to 2:00 PM

\$55.00 per person

Limited Space

See Marnée for details

HAPPY BIRTHDAY

Mitsue M • March 1st

Connie "Lane" B • March 1st

Audrey L • March 6th

Elizabeth E • March 7th

Paul H • March 9th

Tokie H • March 10th

Diana B.E. • March 10th

Donna E • March 13th

Derick R • March 14th

Tomiko M • March 16th

Norma M • March 16th

Pat P • March 17th

Easter J • March 20th

Nora W • March 22nd

Ronnie W • March 25th

Elliot T • March 27th



Staying Hydrated for Better Health

We tend to think of dehydration as a hot weather problem, but often people drink less in cold weather because they feel less thirsty. Staying hydrated is a critical part of maintaining good health, especially as we age. It's essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart.

A 2019 study from the UCLA School of Nursing found that up to 40% of elderly people are chronically dehydrated. Adults aged 60 and over are at greater risk for dehydration due to natural, age-related decreases in thirst levels and body composition changes. Older adults are also more likely to take diuretics and other medications that cause fluid loss in the body. Additionally, they may purposefully consume less water due to concerns about frequent urination and incontinence.

A quick way to tell if you're drinking enough is to check the color of your urine. If it's pale in color and clear, you are likely well-hydrated. Darker colored urine, with amber or brown tones, typically indicates dehydration. Additionally, you may be dehydrated if you are experiencing any of the following symptoms: decreased urination, fatigue, feeling weak, dizziness, muscle cramps in your arms or legs, headaches, dry mouth, or even confusion.

The amount of fluids needed to stay hydrated varies from person to person. As a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink at least 50 ounces, or about 6 cups, of water per day.

Drinking more water is a great way to improve your hydration, but not the only way. All sources of fluids, including food and non-water beverages, count towards your daily fluid intake! Water-rich foods include cucumbers, watermelon, lettuce, strawberries, tomatoes, and celery. Soups, broths, and stews can also a good way to boost your fluid intake, especially in the colder weather. If you want to drink something other than water, pick options that are low calorie and low sugar, like sparkling water, plain coffee or tea, low sugar sports drinks, or flavored water.

Additionally, find ways to build hydration into your daily routine. Make it a point to drink a glass of water at specific times every day, such as when you wake up and with meals. Always drink water after exercising. Carry a refillable water bottle with you so that you have easy water access wherever you are.